


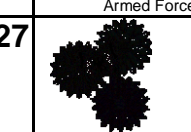
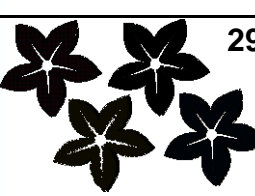



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p>	<p>2</p> <p>Walking &amp; breathing exercise Bowlers meet @12:15 Art class 1:30 -3</p>	<p>3</p> <p>S.T @ 10 <b>Law Day 10-1</b> <b>Start Walking Maryland</b> <b>Stepping On Program Starts</b></p>	<p>4</p> <p>Walking &amp; breathing exercises  Bridge @ 12:30</p>	<p>5</p> <p>Strength Training @ 10am  <b>Nutrition min. @11am</b>  <small>Cinco de Mayo</small></p>	<p>6</p> <p>Walking &amp; breathing exercises Trip /10:30 -3 Canasta @ 12:30 Groceries For Seniors 1p -Frederick</p>	<p>7</p> <p><b>May 6th</b> <b>Trip: Flower Mart</b> <b>leave from FSC 10:30 return 2:30-3pm</b> <b>\$20.00 person</b></p>
 <p>8</p>	<p>9</p> <p>Walking &amp; breathing exercise Bowlers meet @12:15 Art class 1:30 -3</p>	<p>10</p> <p>Strength Training @ 10 Stepping On @10 Cards games &amp; puzzles</p>	<p>11</p> <p><b>Spaghetti Dinner @ 5pm</b>  <b>What is it worth? Bring item to be appraised</b></p>	<p>12</p> <p>Strength Training @ 10am  Cards, games, puzzles &amp; wii</p>	<p>13</p> <p>Walking &amp; breathing exercises  Canasta @ 12:30</p>	<p>14</p> <p><b>May 13<sup>th</sup></b> <b>Trip : National Civil War Museum</b> <b>Leave FSC 9am-3:30pm</b> <b>\$35.00 person</b></p>
 <p>15</p>	<p>16</p> <p>Walking &amp; breathing exercise Bowlers meet @12:15 Art class 1:30 -3</p>	<p>17</p> <p>Strength Training @ 10 Stepping On @10 Cards games &amp; puzzles</p>	<p>18</p> <p>Walking &amp; breathing exercise</p>	<p>19</p> <p>Strength Training @10am <b>I&amp;A with Elly @10</b> <b>Map with Lisa 10</b> Cards. games, puzzles &amp; wii</p>	<p>20</p> <p>Walking &amp; breathing exercises  Canasta @ 12:30</p>	<p>21</p> <p><small>Armed Forces Day</small></p>
<p>22</p>	<p>23</p> <p>Walking &amp; breathing exercise Bowlers meet @12:15 Art class 1:30 -3</p>	<p>24</p> <p>Strength Training @ 10 Stepping On @10 Cards games &amp; puzzles</p>	<p>25</p> <p><b>Garden Party @ Urbana Center 11am-1:30pm</b> <b>500 Card party @ 7pm</b></p>	<p>26</p> <p>Strength Training @10am  Cards. games, puzzles &amp; wii</p>	<p>27</p> <p>Walking &amp; breathing exercises  Canasta @ 12:30</p>	<p>28</p> 
 <p>29</p>	<p>30</p> <p><b>CLOSED</b>  <small>Memorial Day</small></p>	<p>31</p> <p>Strength Training @ 10 Stepping On @10 Cards games &amp; puzzles</p>	<div>  <p><b>May 2016</b> <b>EMMITSBURG SENIOR CENTER</b></p> </div>			